



### Relapse Prevention

This service meets twice a week for those who have completed treatment at least once, and who may have relapsed but can accept that the use of substances is making their life unmanageable.

### Drug Screening

Aspire provides accurate, affordable screening for substances when necessary or required during the treatment process. All results are confidential and only released with a client's expressed written consent.

### Related Services

The **Substance Abuse Professional** (SAP) is a person who evaluates employees who have violated a DOT drug and alcohol program regulation. SAP makes recommendations concerning education, treatment, follow-up testing, and aftercare.

Aspire has certified therapists for the treatment of problem **gambling**.

### Appointments

To make an appointment online go to [www.aspireindiana.org](http://www.aspireindiana.org) and click on "Consumer Portal" at the top of the page, or call our Access Department at 1-877-574-1254. Have a question? E-mail us: [AddictionServices@aspireindiana.org](mailto:AddictionServices@aspireindiana.org)

### Central Indiana Locations

602 Ransdell Road, Lebanon  
765-482-7100

Adult, Addictions, Child/Adolescent and Medication Management

17840 Cumberland Road, Noblesville  
317-773-6864

Adult, Addiction and Child/Adolescent Services

697 Pro-Med Lane, Carmel  
317-574-0055

Adult, Addiction, Child/Adolescent, Continuing Services, Supported Employment and Crisis Center

2020 Brown Street, Anderson  
765-641-8389

Adult Addictions, Child/Adolescent

10731 State Road 13, Elwood  
765-552-5009

Adult, Child/Adolescent and HIV/AIDS Services

2506 Willowbrook Parkway  
Suite 300, Indianapolis  
317-257-3903

Adult, Child/Adolescent, HIV/AIDS, Addiction Services for Adults and Adolescents Medication Management



# Addiction Services

We provide outpatient services to Central Indiana.

## Treatment Works!





If you are one of the millions of people who suffer from the devastating effects of addiction, you need to know this: *Treatment Works!* Aspire has licensed professionals who will help you develop a personal and confidential plan to regain control of your life and recover from the disease of addiction.

Recovery starts with asking for help. Once you have made that important step, a personal and confidential plan is developed between you and a counseling professional. Your progress is supported and closely monitored throughout the recovery process.

Aspire provides a wide range of treatment options and programs that are designed to address the multiple needs and goals of our clients. Some of the services provided include:

### **Co-occurring Disorders Treatment**

Depression, anxiety, anger issues, family conflicts and other mental health concerns are frequently a part of the addiction syndrome. Aspire is a community leader in providing assistance for both mental health and addiction within the same treatment program.

### **Medication Assisted Recovery Therapy**

Today there are medications that can help people better cope with the intense cravings for drugs/ alcohol. Our medical staff can provide the necessary support to deal with this difficult problem.

### **Individual, Group, and Family Therapy**

Addiction is a family disease. Every client will receive individual and group therapy so they can begin to understand and heal from their addiction. Every member of the family is invited into the treatment process as well so they can be heard and healed as their loved one begins to recover.

### **Intensive Outpatient Programs (IOP)**

IOP meets three hours, three times per week. This initial phase is for those individuals who are experiencing serious problems in their life because they cannot stop using drugs or alcohol or are experiencing severe consequences as a result of their use.

### **Extended Outpatient Program**

This meets in our Carmel location and is intended for those needing a more intense treatment program that's not at the IOP level.

### **PRIME for Life**

PRIME for Life is an evidence-based alcohol and drug program for people of all ages. It's designed to gently, but powerfully challenge common beliefs and attitudes that directly contribute to high-risk alcohol and drug use.

### **First Steps**

This service meets once a week for individuals who are experiencing alcohol or drug problems, but not to the extent of requiring an intensive treatment program.

### **SAFE**

SAFE is a one-time session held at the Aspire Elwood office and is designed for alcohol/ drug abuse education and prevention purposes. Most referrals are first-time offenders.

### **Adolescent Substance Abuse Programs**

Youth, ages 11-18, are evaluated and assigned to a specific recovery group based upon their history and current patterns of use.

